**Martha’s Heirloom Yoghurt RECIPE**

This is a FAIR SHARE FARE ‘food is knowledge-share’ project. Please use the hashtags #fairsharefare and #marthasyoghurt on Instagram, Twitter and Facebook if you make a batch. We are tracking the knowledge-share and creating a community of yoghurt makers. If you run out of your yoghurt ‘mother’ culture, you should be able to find someone in your geographic community to source more.

**YIELD:** 1Lt. milk equals 1Lt. of yoghurt

**Ingredients**

1 Lt. organic non-homogenised whole milk

2-3 full TBSP of the ‘mother’ culture

**Tools**

* a pot big enough for the volume of milk you’ll be working with
* a food thermometer (or a risk-taking baby finger)
* a whisk or fork
* set of tongs (pref. with rubber ends) to handle hot jars
* glass jars with lids equal to the volume of the milk you will use
* a box or basket (your 'incubator)
* two old towels and one tea towel per jar

**Preparations** *(This can be done at the same time that you warm your milk)*

IMPORTANT! **Sterilise your jars and lids**.  Hot jars (completely dry inside) help with the incubation process for making thick yoghurt.  Boil the jars for approx. 10 minutes or do the microwave method.  Turn on the oven to 110 degrees.  Place a tea towel on a cookie sheet.  Place sterilised upside down on the cookie sheet.  Place in the oven until you are ready with your yoghurt mix. Pour boiling water over lids and leave in the hot water until ready to seal jars.

**Your incubator:** Martha’s yoghurt is thermophilic[[1]](#footnote-1), which means that the culture requires a specific range of temperatures to incubate (for the mother culture to grow and convert the milk into yoghurt).

Use a basket, box, ice cooler or something that will work as an 'incubator for the yoghurt'. Anything that will accommodate the number of jars you'll be using plus extra towels should work fine. Line the interior with a clean old towel. Set a stack of dish/tea towels – 1 per jar, and another clean old towel nearby.

**Making yoghurt**

1) Heat desired amount of milk - The amount of milk will make the same amount of yoghurt.  We usually use 2-4L milk per batch (eat ½ and share ½).  Recipe works best with organic whole milk (unhomogenised and/or unpasteurised if possible).  You can use other milks, just not long life milk/ultrapasteurised milks.  Experiment. Different milks produce different results – including consistency and tanginess of yoghurt.

2) Gently bring it to the boiling point (approx. 185˚F).  Hold it there for a couple of minutes, stirring and removing any skin on the top.  If you don’t have a thermometer, Martha advises that you wait for milk to be on the cusp of boiling, turn temp down slightly and hold for a couple of minutes. Heating the milk slowly prevents clumps in your final yoghurt.  This usually takes about 30-60 minutes depending on the volume of milk at the start.

3) Turn off the heat and let cool to approx. 115˚F degrees. Take off the burner.  You should be able to dip your baby finger into the milk and stir it 10 times comfortably.  You can speed up the cooling, by placing the pot in a cool bath of water in the sink.  Remove before it reaches 115˚F as it will continue to cool about 5-10 degrees once you remove it from the sink.

4) **Inoculating the milk** - *this is where you add the original culture of yoghurt (the yoghurt from the previous batch a.k.a. ' the mother culture.* When the milk has reached approximately 115˚F, add a couple of spoons of the warm mixture to the mother culture (2 TBSP from previous batch of yoghurt).  This helps with the mixing and prevents clumps in the larger batch.  The ratio of 2-3 TBSP to 1Lt. of milk works best.

5) Pour mixture into hot jars leaving a bit of space in the jar.  Clean off any spilled milk from the jar edges and seal with a dried hot lid.  Use paper towel or clean tea towel for this process to prevent any contamination.

6) Wrap each jar with a tea towel and place in your 'incubator'.  Repeat for each jar and then cover your incubated jars with another towel.  Let sit for 6-8 hours.  The longer you let it sit, the tangier the flavour.

7) Put in the fridge.  It will be ready to eat in about 2 hours.

**Remember to save a portion of each batch for the next batch.**

Yoghurt can be refrigerated for up to 2 weeks. Scooping from the same spot in the pot (rather than stirring) will increase the longevity of the yoghurt.

Share the knowledge. Share the culture. #marthasyoghurt

\_\_\_\_\_\_\_

Mother culture and recipe shared with the participants of REFUGE 2017 at Arts House. Permission provided by Martha. Knowledge shared by Jen Rae, *Fair Share Fare*. Instructions and video can be found at <https://www.fairsharefare.com/diyknowledge-share>

1. Thermophilic yogurt cultures require a temperature in the range of 110°F to reproduce properly. Anywhere in a range of 105° to 112°F will be adequate, but under 105°F or over 112°F can weaken or damage the bacteria, and will cause the milk to not set up at all, or to curdle without culturing. Temperatures over 118°F will kill the culture, and just heat the milk without culturing it or providing any probiotic benefit. [↑](#footnote-ref-1)